



**Amy Kegley**

Zip Code: 02420

Zip Postal: 02420-5312

Language: English, French

Populations Treated: Adults

Treatment Options: In Office, Telehealth, Phone Consultations

Disorders Treated & Specialty: Agoraphobia, Anxiety, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Social Anxiety Disorder, Other

Treatment Methods: Cognitive Behavioral Therapy (CBT), Exposure Therapy, Mindfulness

Payment Options: Accepts Some Insurance, Accepts Credit Cards, Accepts Cash and/or Checks, Accepts Venmo/App-based Payment, Accepts Medicare

Address1: 9 Meriam St

Address2: Ste 25

Website: <http://www.lexingtonpsychotherapy.com/>

City: Lexington

State/Province: Massachusetts

Home Email: [akegley22@gmail.com](mailto:akegley22@gmail.com)

Degree: PhD

Preferred Pronouns: she/her/hers

Email: [drkegley@lexingtonpsychotherapy.com](mailto:drkegley@lexingtonpsychotherapy.com)

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Telehealth: Massachusetts

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## ABOUT

I currently work exclusively with individual clients 18 years of age and older. My training includes extensive work with anxiety, mood, and trauma-related disorders. Much of my work has focused on life transitions, including mid-life issues, divorce, career change, and many kinds of loss, including the death of a loved one, kids going off to college, and unexpected changes in life circumstances. Working collaboratively to develop a treatment strategy that best meets clients' needs is an important part of therapy. I try to foster a professional, safe environment in which people can feel at ease talking about their deepest concerns. I believe a successful therapy is one in which clients feel respected and understood while we work together to address their problems. While symptom relief is a key goal of therapy, I believe the enhancement of a client's quality of life is a very important focus of the work. It's not just about relieving symptoms, but creating a life worth living.

[www.lexingtonpsychotherapy.com](http://www.lexingtonpsychotherapy.com)

## TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Mindfulness

## POPULATIONS TREATED

Adults

#### DISORDERS AND SPECIALITIES

Agoraphobia

Anxiety

Generalized Anxiety Disorder (GAD)

Obsessive Compulsive Disorder (OCD)

Panic Attacks/Panic Disorder

Social Anxiety Disorder

Other

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#### PAYMENT OPTIONS

Accepts Cash and/or Checks

Accepts Credit Cards

Accepts Medicare

Accepts Some Insurance

Accepts Venmo/App-based Payment



## ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

### Looking for a Therapist? ADAA Can Help

ADAA's Find Your Therapist Directory is your trusted resource for connecting with licensed mental health professionals who specialize in treating anxiety, depression, OCD, PTSD, and other related disorders. Each provider listed holds a valid clinical license and brings expertise to support your mental wellness journey.

### If You're Having Trouble Finding a Therapist

If you don't find a match in our directory, we encourage you to:

- Contact your primary care provider
- Check with your health insurance company
- Explore other reputable directories of licensed mental health professionals

Please Note:

- U.S.-based clinicians cannot see clients who reside outside the United States due to licensing laws.
- Clinicians who do not mention insurance participation in their profile do not accept insurance.

**Know that you are not alone, and help is available. If you are in crisis call or text 988 for the Suicide & Crisis Lifeline.**

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*The members in ADAA's Find Your Therapist directory are listed for the sole purpose of helping the public or serving as an ADAA professional member referral.*

*The emails of the therapists cannot be used to contact them for any reason other than requesting mental health services or for an ADAA professional member to reach out to another member to discuss a possible referral. These emails are not to be used to solicit business or promote any products. ADAA reserves the right to take legal action if solicitations occur.*

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## HELPFUL LINKS

**ADAA Website**

<https://adaa.org/>

**Tips and Questions About How to Choose a Therapist That's Right for You**

<https://adaa.org/finding-help/treatment/choosing-therapist>

**5 Tips for How to Know If an Anxiety Therapist Is the Right Fit for You**

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/5-tips-how-know-if-anxiety-therapist-right-fit>

**Watch ADAA's Short "What is" Videos on Anxiety, Depression, MDD, PTSD, OCD and more!**

<https://adaa.org/resources-news/from-adaa-experts/videos>

**ADAA's Free Mental Health Webinars**

<https://adaa.org/resources-news/from-adaa-experts/webinars>

**Mental Health Personal Stories**

<https://adaa.org/educational-resources/from-our-community/stories-of-triumph>

**ADAA Free Newsletter Sign Up**

[https://adaa.informz.net/adaa/pages/Triumph\\_Subscribe\\_page](https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page)

**Join a Free ADAA Online Peer-to-Peer Support Community**

<https://adaa.org/find-help/support>

**Meet ADAA's Institutional Members**

<https://adaa.org/professionals/Institutional-Memberships>

**Therapists: Watch ADAA's Find Your Therapist Video and Join the Directory!**

<https://youtu.be/Eq3zOzbfGoU>